2nd Edition

Mrs. Wicks.

COOKERY BOOK

MRS. WICKS' COOKERY BOOK

Fourth Edition

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1940

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PARAFFIN

for

LIGHTING, HEATING AND COOKING

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The Cooking Stove and its Management

TO COOK WELL AND OBTAIN THE BEST RESULTS, THE HOUSEWIFE MUST UNDERSTAND HER STOVE.

HINTS ON THE CARE OF THE OIL STOVE

Keep stove scrupulously clean.

Use only good oil—inferior oil burns badly and gives a poor heat.

The oil container should be filled before using the stove and the oil should not be allowed to burn too low.

Keep wicks free from all charring, and have them fitting properly.

Stand stove well out of draught.

Light about ten minutes before required.

After lighting the wicks, turn them very low and push the oil lamps back or close the doors, then raise the wicks gradually as far as they will go without smoking. When the stove is thoroughly heated, they may again be slightly lowered.

Light utensils, such as aluminium, may be used so that the heat may penetrate them readily.

Some Handy Measures

Note: In a "heaped" spoonful there is as much of the ingredient above the level of the spoon as there is in the bowl.

General

Solids:

1 heaped teaspoonful	= ¼ oz.
1 heaped dessertspoonful	= ½ oz.
1 level tablespoonful	= ½ oz.
1 heaped tablespoonful	= 1 oz.
1 teacupful	= 4 oz.
1 breakfastcupful	= 8 oz.

Liquids:

3 tablespoonfuls	= 1 wineglass
1 small teacup	= ¼ pint (1 gill)
1 breakfast cup or tumbler	= ½ pint

Various Ingredients.

Apples: 4 to 6	= 1 lb.
Breadcrumbs: 2 heaped tablespoonfuls	1 oz.
Butter: piece the size of a walnut	= ½ oz.
Coconut: 1½ heaped tablespoonfuls	= 1 oz.
Currants: 1 small tablespoonful	= 1 oz.
Eggs: 1	= 1½ to 2 oz.
Fats: 1 level tablespoonful	= 1 oz.
Flour: 1 heaped tablespoonful	= 1 oz.
Grain (any): 1 heaped tablespoonful	= 1 oz.
Honey: 1 tablespoonful	= 2 oz.
Jam: 1 tablespoonful	= 2 oz.
Potatoes: 4 to 6	= 1 lb.
Raisins: 1 small tablespoonful	= 1 oz.
Sugar: 1 small tablespoonful	= 1 oz.
Treacle: 1 tablespoonful	= 2 oz.
Water: 1 pint	approx. 1¼ lbs.

Making Cooking Easier

General Rules.

Use reliable recipes and follow the method stated in every detail.

* * *

Buy good quality materials at stores where there is a good turnover—this ensures freshness.

* * *

Measure or weigh all ingredients accurately.

* * *

Have stove, whatever type is being used, in a thoroughly clean condition, and see that the oven is likely to be at the right heat by the time it is wanted.

* * *

Give saucepans the necessary attention when they are on the stove and do not forget the oven.

* * *

Useful hints.

A pinch of salt added to the white of an egg will help it to beat up more quickly.

* * *

A squeeze of lemon juice added to rice will whiten it. Patna is the best rice to use as a vegetable.

* * *

To whiten the breast of a chicken, rub it with a lemon before boiling.

* * *

To keep pancakes from getting tough, before serving keep them on a covered dish over a pan of hot water.

* * *

When using buttermilk or sour milk for plain cakes and scones, use bicarbonate of soda and cream of tartar in the proportion of 1 teaspoonful of each to 1 lb. of flour. For richer cakes use baking powder.

* * *

For all classes of puff pastry use a few drops of lemon juice.

* * *

For tomato soups and sauces, a few drops of vinegar added will counteract sweetness when using fresh tomatoes, and a good pinch of sugar added will counteract acidity when using tinned ones.

Making Cooking Easier

Fish stocks—simmer for only 40 minutes—longer cooking brings out a bitter flavour.

* * *

If meat has become slightly tainted it should be wiped over with a cloth dipped in water with vinegar added.

* * *

To make lettuce and parsley very crisp, wash in plain cold water, then soak for a short time with lemon in the water.

* * *

To keep green vegetables fresh and crisp, if not required at once, put into an airtight tin. Lettuce, parsley, cabbage, etc. will keep fresh for a week or ten days.

* * *

Squeeze a little lemon juice over lamb cutlets before grilling them—it improves the flavour.

* * *

To prevent cheese becoming mouldy, moisten a piece of muslin with vinegar, wrap round the cheese and store in a dry place.

* * *

When yolks of eggs are left over, cover with cold water. They will then keep quite fresh until the following day without forming a skin.

* * *

To improve apple tart, try sprinkling two or three tablespoonfuls of orange or lemon juice over the apples. This gives a delicious flavour and improves apples that are inclined to be dry and tasteless.

* * *

When cutting a large quantity of bread and butter sandwiches, pour half a pint of boiling milk over one pound of butter in a basin. Cool slightly and then work together with a wooden spoon to a creamy consistency. This mixture will spread easily on the bread and will go further than solid butter.

* * *

To stiffen lettuce add one teaspoonful of borax to the water, place washed lettuce in this and leave for one hour.

* * *

Green parts of celery dried slowly in the oven and powdered make good flavouring for soups and stews.

PENNANT PARAFFIN FOR HEATERS
A SHELL PRODUCT

Making Cooking Easier

Some Frying Hints.

Clarified dripping, Atora Block suet, Trex and olive oil are among the best frying mediums. Butter and margarine are unsuitable as they burn easily owing to their salt content.

* * *

For "deep frying" use a strong large pan and have sufficient fat to entirely cover the food.

* * *

After use the fat should be strained through a special fat strainer or an old linen towel, as this will prolong its use.

* * *

All foods being fried must be put into fat at the correct heat. If the temperature is not right then the food is greasy or not cooked. For home use the following indications of temperatures may be a useful guide :—

(*a*) For uncooked foods, e.g. Fish Fritters, Doughnuts, etc., fat must be just beginning to smoke with a faint haze rising.

(*b*) For chipped potatoes or reheating cooked foods, Fish Cakes, Croquettes, etc., a distinct haze must be rising from the fat.

(*c*) For Whitebait and second frying of potato chips a distinct smoke must be rising from the fat.

(*d*) A black smoke rising indicates that the fat is too hot and is burning ; this spoils the fat and causes unpleasant odours.

* * *

Use a frying basket to hold the food, and do not fry too much at one time, as this cools the fat and makes the food greasy. The fat should always be reheated between each frying.

* * *

All food must be thoroughly drained to avoid greasiness.

* * *

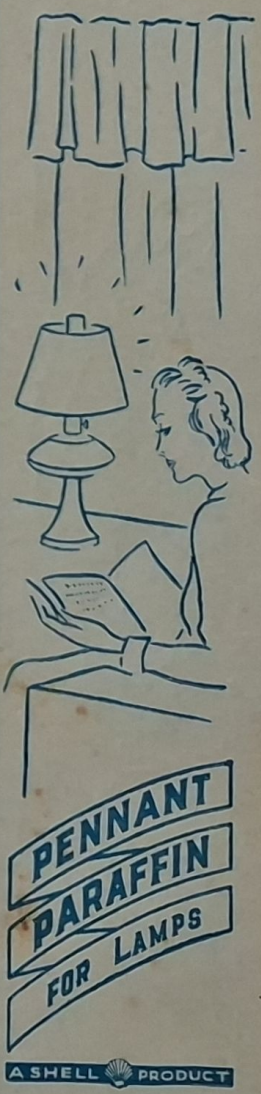
Dish all fried foods high to allow the air to circulate and keep them crisp.

* * *

If the fat is discoloured it may be reclarified. To do this pour into it about half the quantity of water and a teaspoonful of salt. Simmer until all the water has evaporated then strain and use as required.

* * *

If fat splutters it is an indication that water is present. Wait until it has all evaporated before attempting to fry.



Stocks

Stock is the liquid obtained when the juices of meat, bones and vegetables have been extracted by slow simmering. It forms the basis of most soups.

BONE STOCK

Ingredients.

2 lbs. Bones, cooked or uncooked.
Carrot, Onion,
Pepper and Salt.
1 oz. Dripping.
2 quarts *cold* Water (cold water is used as slow bringing to the boil draws out the nourishment).

Wash and break the bones. Melt the dripping; when hot fry the bones brown, then cover with the water. Add salt, bring to boil and skim. Add the vegetables and seasonings, boil gently for 4 or 5 hours, strain through a fine sieve and allow to become cold. Bones may be boiled a second or third time with the addition of fresh vegetables.

HOUSEHOLD STOCK.

Ingredients.

2 lbs. Meat and Bones (shin of beef and veal bones make good stock).
Carrot, Onion, stick of Celery.
Pepper and Salt,
2 quarts *cold* Water.

Wash the bones well, removing any fat or marrow. Cut up meat in small pieces—if using cooked meat wash off any sauce and cut off fat. Put all into pan and cover with the cold water, adding salt and pepper. Bring to boil and remove white scum. Add fresh vegetables in blocks, and let the stock simmer for 5 or 6 hours, adding more water when necessary. Strain and leave till cold; skim off fat before use. Put on bones and meat for second cooking.

FISH STOCK.

Ingredients.

Fish Bones and Trimmings. or 1 Fish-head.
1 Onion, 1 stick Celery, 1 Carrot.
Pepper and Salt
Cold Water to cover.

Thoroughly cleanse trimmings. Put into saucepan with water and salt, bring slowly to boil and skim thoroughly. Add vegetables and pepper and simmer for 40 minutes. Strain off the stock. Use for fish soup or sauces.

Soups

SCOTCH BROTH.

Ingredients.

1 lb. runner of Beef or neck of Mutton.
1 oz. Barley.
Turnip cut in dice, Carrot cut in dice, 1 Leek — ½ pint cut vegetables.
1 Carrot (grated).
Pepper and Salt.
1 quart cold Water.
1 large teaspoonful chopped Parsley.

Wipe the meat, put into a pan with the water, add salt and barley well washed. Bring slowly to boiling point and skim well. Add pepper and vegetables and simmer for 3 hours. Half an hour before dishing add the grated carrot. When ready lift the meat out, skim the broth if necessary to remove surplus fat, add the chopped parsley, boil up and serve in a hot soup tureen.

Note.—If the meat is to be served as a separate course, cook blocks of carrot and turnip in the broth, then serve meat on an entrée dish with vegetables at each end. Or the meat may be cut up and used again to make stock.

LENTIL SOUP.

Ingredients.

½ lb. Lentils.
1 Carrot.
1 small Turnip or ½ large.
1 stick Celery.
1 Onion.
1 oz. Dripping or Butter.
2 quarts Water, Stock (from meat and bones) *or* Ham bones.
Pepper and Salt.
½ pint Milk.

Wash lentils, soak overnight if possible, then pour off the water and keep for the soup. Prepare other vegetables and cut in thick slices. Melt the fat in the pan, add lentils and other vegetables and toss in the melted fat until it is absorbed. Add the liquid from the lentils and the stock, salt and pepper, and bring to the boil. Simmer for 2 to 2½ hours, stirring frequently. When cooked pass the soup through a colander or wire sieve. Reheat and add milk. Serve with sippets of toast or fried bread.

Note.—Haricot Bean and Pea Soup are made in the same way

Soups

SHEEP'S HEAD BROTH.

Ingredients.

1 Sheep's Head.
2 oz. Barley or Rice.
Turnip cut in dice
Carrot cut in dice } 1 pint.
Leeks cut in dice
1 Grated Carrot.
1 dessertspoonful chopped Parsley.
4 quarts cold Water.

Order the sheep's head ready divided by the butcher. Remove brains and soak them in cold water to whiten them. Soak the head in tepid water and salt for half an hour. Scrape the small bones from the nostrils and cleanse the head well. Put head into cold water and bring water to boil (blanch), then rinse. To prepare soup, follow method for Scotch Broth.

To serve Head and Brains.

Place brains, after soaking in cold water with vinegar to whiten, in boiling salted water, and simmer gently for 10 to 15 minutes. Strain and chop the brains, and mix in a basin with two tablespoonfuls breadcrumbs, pepper and salt and one teaspoonful finely chopped parsley. Form into small cakes, using a little flour to prevent mixture sticking to board. Fry the cakes in smoking hot fat, drain and serve round the head.

Another Method.

Remove meat from head. Make a good half pint of white sauce (see recipe for coating sauce). Add the finely chopped brains to the sauce, then the meat from the head, and make all very hot. Serve in an entrée dish, garnish with parsley and sippets of toast.

Note.—Lamb's head is prepared in the same way and is a more delicate dish.

GREEN PEA SOUP.

Ingredients.

1 lb. Green Peas.
Sprigs of Mint and Parsley
Pepper and Salt.
1 quart of Light Coloured Stock.
½ oz. Cornflour.
1 gill Milk.
A little Cream, if liked.

Put peas, mint and parsley into the boiling stock and cook till tender—(a handful of washed pea pods may be added to stock as well). Remove mint and parsley and rub soup through sieve. Return to rinsed pan and reheat, add thickening, and cook for 4 to 5 minutes. Serve very hot with croutons.

Soups

KIDNEY SOUP.

Ingredients.

- 1 lb. Ox Kidney or 6 Sheep's Kidneys.
- 2 ozs. Dripping.
- 1 Onion, 1 Carrot.
- 1 quart household Stock.
- 1 quart Water.
- 1 bunch of Herbs (Thyme, Marjoram, Parsley, 1 Bay Leaf.)
- 1 Blade Mace.
- ½ teaspoonful black Peppercorns or Pepper, Salt.
- 2 ozs. Flour or Cornflour.

Remove the skin, split, and remove core, wash and dry the kidney and cut it in slices. Skin, scald, dry and slice the onion. Make the dripping smoking hot in a large deep pan, and fry the kidney to a good brown colour, then fry the onion, add the stock, water and salt, bring slowly to the boil, and skim carefully. Prepare the carrot, cut in blocks, add to the soup with the herbs and the peppercorns, and simmer for 4 or 5 hours. Skim, strain through a fine sieve, and return to the pan. Cut the slices of kidney into dice and return them to the soup. Break down the flour with a little stock or water to a smooth cream, add to soup and cook for 10 minutes.

Note.—This soup may also be made with liver, or with half liver and half kidney.

OXTAIL SOUP

This is made as for Kidney Soup, but oxtail must be cut through at the joints, freed from superfluous fat, blanched, and dried before frying. Serve pieces of tail and rounds of cooked carrot in the soup.

PUMPKIN SOUP.

Ingredients.

- 1½ lbs. ripe juicy Pumpkin.
- 1½ pints Water.
- 2 oz. Butter or good Dripping.
- 1 pint Milk.
- Pinch Sugar.
- Seasoning to taste.
- Croûtons of fried Bread.

Peel the pumpkin, remove seeds, then weigh it. Cut it in thin slices, put it into a saucepan with the butter and a little water and cook until reduced to a pulp. Rub this through a fine sieve and return to the saucepan to reheat, thinning it down to the desired consistency with more water and the ½ pint milk. Season to taste and pour over fried croûtons of bread in soup tureen.

Note.—Light stock may be used instead of water, and a little cream may be added.

Soups

TOMATO SOUP.

Ingredients.

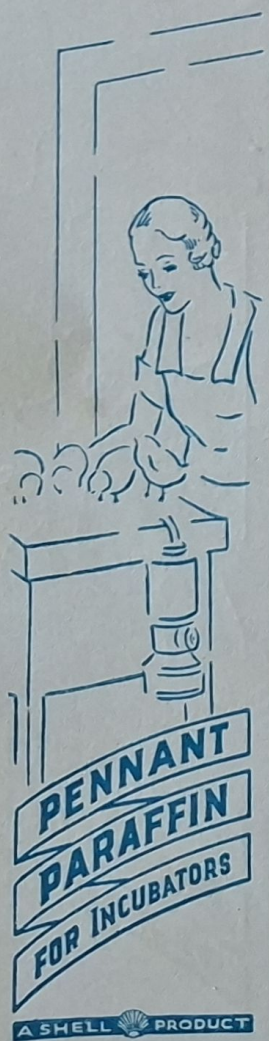
2 lbs. Tomatoes (fresh or tinned).
1 oz. Butter.
½ oz. Bacon.
1 Carrot, 1 Onion, 1 stick Celery.
1 quart Stock (and liquor from tinned Tomatoes).
Pepper and Salt.
Pinch Sugar.
1 tablespoonful Cream (if desired).
Thickening (to 1 quart soup, use 1 oz. thickening and 1 gill milk).

Cut the bacon in small pieces and fry in the butter. Cut vegetables in slices and fry lightly; add the tomatoes and bring all to boiling point. Boil for 5 minutes—(this is termed "reducing" and is done to fix the colour and bring out the full flavour of the tomatoes). Add stock and seasonings, bring to the boil and simmer for 40 to 60 minutes. Rub through a hair sieve, measure, return to rinsed pan, bring to the boil, add thickening and cook for 4 to 5 minutes. Then add the cream.

Thickening.

If using pearl tapioca, sprinkle into the soup and stir till boiling and the tapioca turns clear and thickens soup. If using cornflour, break down in a basin with the milk to a cream, then add to soup and boil for several minutes.

Note.—If liked, half the tomatoes may be used and potatoes added—1 lb. tomatoes, 1 lb. potatoes.



CELERY SOUP.

Ingredients.

1 lb. Celery.
1 oz. Butter.
½ oz. Bacon.
1 Onion.
1 quart Stock.
Pepper and Salt.
Pinch Sugar.
1 tablespoonful Cream if desired.

Thickening (to 1 quart soup, use 1 oz. thickening and 2 gills milk).

Prepare as for Tomato Soup.

Soups

CREAM OF CAULIFLOWER (Simple Method).

Ingredients.

1 Cauliflower.
1 small Onion.
1½ ozs. Butter.
1½ ozs. Flour.
½ pint Milk.
Salt, Pepper, mixed Herbs.

Cook cauliflower and onion in just enough water to cover. Make sauce with the butter, flour, milk and 1 pint of liquid from the cauliflower. Chop vegetables finely or pass through sieve, add to sauce and season to taste. Serve very hot with croûtons.

Luncheon Menu

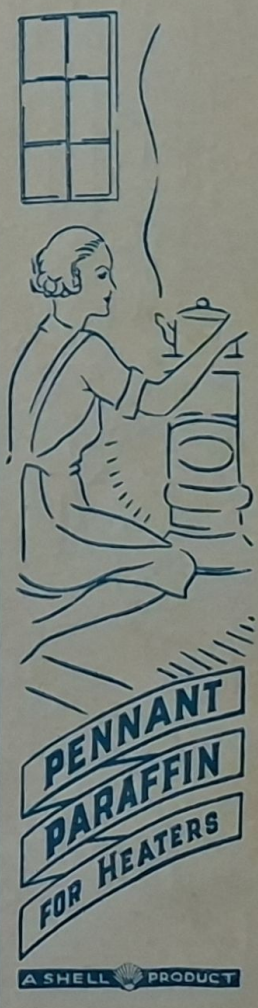
CREAM OF CAULIFLOWER SOUP.
STUFFED LIVER.
LEICESTER PUDDING.
COFFEE.

ALEXANDRA SOUP

Ingredients.

2 ozs. Barley.
2 ozs. Lentils.
1 oz. Fat.
½ Onion.
1½ pints Water.
½ pint Tomato Pulp.
Milk (if liked).
Salt and Pepper.

Wash and soak lentils and barley overnight. Melt the fat, and sauté the chopped onion and lentils for a short time. Add barley and water, and cook 2½ to 3 hours. Add tomato pulp and cook 20 minutes longer. Rub through a sieve. Reheat, season and add milk if liked.



FISH SOUP.

Ingredients.

1 quart of Fish Stock (recipe on page 10.)
½ lb. White Fish (filleted and skinned.)
1 small tablespoonful Parsley.
2 ozs. Butter.
2 ozs. Flour.
½ pint Milk.
Pepper and Salt.

Wipe fish and cut into small pieces. Melt butter, add flour and cook for a few minutes. Add the stock gradually and boil well. Add the milk, parsley, seasonings and fish cut up. Boil for 5 to 7 minutes and serve with croûtes of toasted or fried bread.

Note.—To make soup richer, add 1 yolk of egg mixed with 1 tablespoonful cream, and stir over a gentle heat to cook the egg without curdling.

Fish Dishes

FISH COOKERY.

Choice of Fish :

1. Fish must have fresh smell, firm flesh, prominent eyes, red gills, and plenty of scales.
2. White fish is most easily digested.
3. Oily fish is more nourishing, but not so easily digested because of the oil.

Note.—Cuts of fish, skinned fish and filleted fish should not be put into water, but only wiped.

STUFFED BAKED FISH.

Ingredients.

1 lb. slice of Stock Fish.

Stuffing :

1 oz. Breadcrumbs.
½ oz. chopped Suet.
½ teaspoonful chopped Parsley.
Pinch powdered Herbs.
A little grated Lemon Rind
Pepper and Salt.
Beaten Egg to bind.

Coating to fry :

Beaten Egg and Breadcrumbs.
2 tablespoonfuls Dripping.

Wipe the fish and remove the bone, keeping the fish a good shape. Mix crumbs, suet, parsley and seasonings together and bind with beaten egg to a soft consistency. Press the stuffing into the centre of the fish, forcing it into place and piling it high up in the centre, if necessary tying into shape with string. Dust over with a little flour, brush with beaten egg and coat well with dried crumbs. Melt the dripping in a tin or pyrex dish, put in the fish and baste with the fat. Bake in a moderate oven for about 20 minutes, basting from time to time. Drain, remove the string and serve on a deep dish. Serve with anchovy sauce round.

FISH CUSTARD.

Ingredients.

lb. any white Fish.
1 or 2 Eggs.
½ pint Milk.
Salt and Pepper.

Cut fish into neat pieces for serving and place in buttered pie-dish. Beat eggs, add salt and pepper and stir in milk. Pour over the fish and bake in a moderately hot oven till nicely browned, the custard set and the fish white—30 to 35 minutes.

Fish Dishes

BOILED FISH AND PARSLEY SAUCE.

Ingredients.

2 lbs. middle cut Stock Fish, Kabeljouw, or whole Silver Fish.
Boiling salted water (1 tablespoonful salt to 1 quart water).
1 tablespoonful Vinegar to 1 gallon water.

For large fish allow ten minutes to each lb. and ten minutes over. Put prepared fish into the boiling water, remove pan to side of the fire and allow the water to simmer very gently till the flesh is firm and white and will leave the bone easily. Drain the fish on a draining tray or fish slice, serve hot, garnished with slices of lemon and sprigs of parsley. Serve with parsley sauce.

Note.—White fish is of a delicate texture, and breaks up if cooked at boiling point.

FISH CAKES.

Ingredients.

½ lb. cooked Fish.
¼ lb. cooked Potatoes.
A little White Sauce.
1 oz. Butter.
Salt, Pepper.
Beaten Egg.
Brown Breadcrumbs.
Deep Fat.
Parsley.

Remove skin and bone from fish and shred down finely. Heat up potatoes, add butter and beat till smooth, then add fish and seasoning and a little chopped parsley, if liked. If necessary to moisten add a little sauce. Turn onto floured board and work into a roll. Cut into rounds half an inch thick. Coat with egg and breadcrumbs. Fry in smoking hot fat to a golden colour, drain and serve garnished with parsley.

FISH PUDDING.

Ingredients.

½ lb. uncooked Fish (fresh or Finnan-haddock).
2 ozs. Breadcrumbs.
1 oz. Butter.
1 or 2 Eggs.
½ gill Milk or Fish Stock
Pepper and Salt.
1 teaspoonful finely chopped Parsley.

Heat milk and butter and pour on to breadcrumbs. Remove skin, scrape fish from bones and chop finely. Add to breadcrumbs the fish, parsley and beaten eggs, and season well. Turn into greased pudding bowl, cover with greased paper and steam from 20 to 30 minutes. Serve coated with egg, parsley or Anchovy Sauce (see Sauces).

Fish Dishes

FISH À LA MORNAY.
(Fillets of Fish with Cheese.)

Ingredients.

1 lb. cooked Fish.
1½ ozs. Butter.
1 oz. Flour.
½ pint Fish Stock or Milk.
2 ozs. grated Cheese.
1 or 2 tablespoonfuls Cream.
½ lb. mashed and well-seasoned Potatoes.

Flake fish into large flakes and place in centre of dish. Heat potatoes and beat with ½ oz. butter and add a spoonful of milk, if necessary. Make sauce with the 1 oz. butter, 1 oz. flour and fish stock or milk. Season well, add a little of the cheese, and pour over the fish. Sprinkle with rest of cheese, then force roses of potatoes all round, or work potatoes into balls with the hands, and place round the edge of the dish. Bake in a hot oven till nicely browned. Garnish with parsley and serve.

KEDGEREE.

Ingredients.

½ lb. cooked Finnan Haddock or Smoked Fish.
¼ lb. cooked Rice.
Cayenne Pepper.
Nutmeg.
Salt.
2 ozs. Butter.
1 hard-boiled Egg.

Wash, boil and lightly dry the rice. Remove all skin and bones from the fish, and flake. Separate yolk from white of egg, chop white roughly and rub the yolk through a wire sieve. Melt butter in saucepan, add rice, fish, and white of egg. When thoroughly heated season with cayenne, salt, and nutmeg. Pile on a hot dish and decorate with the sieved yolk.

PICKLED FISH.

Ingredients.

3 lbs. (any white) Fish.
2 or 3 large Onions (sliced)
1 tablespoonful Sugar.
1 tablespoonful Curry Powder.
2 teaspoonfuls Maizena.
Salt, Pepper.
½ pint Malt Vinegar.
1 Apple, sliced.

Cut fish into pieces about 2 inches square, season with salt and pepper, sprinkle lightly with flour and fry in hot fat. Fry the onions and apple, add the curry powder, salt, and sugar, and mix well with the onions and apple, then stir in the vinegar. Allow to cook for a few minutes, then pour over the fish. Leave for 2 days, when it will be ready for use.

Fish Dishes

FISH IN BATTER.

Ingredients.

Filleted Stock Fish, Kabeljouw or Sole.

To fry: pan of deep Fat.

Batter:

- 4 ozs. Flour.
- 1 gill Milk.
- 1 Egg.
- 1 tablespoonful melted Butter or Olive Oil.
- ¼ teaspoonful Salt.
- ½ teaspoonful Baking Powder

Prepare batter (see page 33), and allow to stand for ½ to 1 hour before using, leaving out baking powder till just before using. Wipe fish and cut into pieces about two inches square. If sole is used, cook fillets whole, unless very large, then cut in two. Have fat smoking hot, and draining tray and frying basket at hand. Dip fish into batter, coat, and drop into the smoking hot fat. Fry to a golden brown colour and drain well. Dish and garnish with parsley.

RUSSIAN FISH PIE.

Ingredients.

Filling:

- ½ lb. white Fish or Finnan Haddock
- 2 tablespoonfuls White Sauce.
- 1 teaspoonful chopped Parsley.
- 1 hard-boiled Egg.
- Pepper and Salt.
- Lemon Juice.

Pastry:

- 6 ozs. Flour.
- 4 ozs. Butter, or 2½ ozs. Pastrine.
- ½ teaspoonful Salt.
- Cold Water.
- Lemon Juice

Flake fish, cut egg in quarters and mix all ingredients lightly together. Make pastry according to directions for flaky pastry and roll into a square. Cut off rough edges, knead and roll them out. Cut into strips one inch wide, then cut to make diamond shapes for leaves. Mark to form veins on pastry. Place fish mixture into centre of square of pastry, wet edges and fold four corners into centre. Brush over with beaten egg, place four leaves over joins, and brush these with beaten egg also. Place in a very hot oven, and bake for 40 to 45 minutes, reducing heat when the pastry is well risen and brown on top. Dish on a hot entrée dish and garnish with parsley.

Note.—Cooked fish may be used for this dish

Meat Dishes

BOILED MUTTON AND VEGETABLES.

Ingredients.

3 or 4 lbs. Mutton (Leg or Shoulder of Mutton).
Boiling Water to cover.
Carrot, Turnip, Onion.
1 teaspoonful Salt.

Weigh, trim and wipe the meat, joint if necessary. Plunge into boiling salted water, boil for 5 minutes and skim thoroughly. (*Note.*—Brown sediment is nourishment from mutton; white is scum to be removed.) Let the meat simmer, allowing 20 minutes to each lb. and 20 minutes over. Prepare vegetables and cut in neat blocks, then add to the pot (if old give them 1 to 1½ hours, if young allow 30 to 40 minutes, before the mutton is ready). When ready lift on to a hot dish and pour over either parsley or caper sauce. (See Sauces.)

SAVOURY LIVER AND BACON.

Ingredients.

¾ lb. Calf's or Sheep's Liver.
A little Flour.
Veal Stuffing (as for Beef Olives).
½ pint Stock or Gravy.
1 tablespoonful Ketchup.
4-6 ozs. Bacon.

Wash liver, dry, and cut in slices, and coat lightly with flour. Make stuffing, and cut half of bacon in pieces. Grease a pyrex dish, place a layer of bacon in bottom, put in layers of liver and stuffing, then fill up with stock or gravy flavoured with ketchup. Finish top with layer of bacon slices and put lid on dish. Bake in a moderately hot oven for about 1 hour, remove lid for a short time longer to allow the bacon to crisp. When liver is tender serve in pyrex dish.

DRY PICKLE FOR MEAT—HOW TO PICKLE MEAT.

Ingredients.

1 lb. Common Salt.
½ lb. Brown Sugar.
1 oz. Saltpetre.
½ oz. Black Pepper.
1 teaspoonful Allspice.
1 Shallot or small Onion.
2 Bay Leaves.
1 small teaspoonful Mixed Herbs.

Pound the salt, mix all the ingredients together and use as directed. (This pickle will keep for several weeks.)

5 to 6 lbs. Brisket or Flank of Beef.

Remove any discoloured parts from the meat, and wipe very thoroughly with a damp cloth. Put the meat into the prepared pickle, and rub well with the mixture. Cover and keep in a cool larder from 10 to 15 days. Rub and turn the meat daily. Remove from pickle, wash, scrape and cook as for Salt Beef.

Meat Dishes

BOILED SALT BEEF.

Ingredients.

3 or 4 lbs. Salt Beef.
Sufficient tepid Water to cover.
Carrot, Turnip, Onion.
Dumplings.
Greens.

Wash thoroughly in cold water to draw out the salt—if very salty soak for several hours, then put on in *cold* water. Cover with tepid water in saucepan, bring slowly to boil, skim, and then allow to simmer. (Time : 30 minutes to lb. and 30 minutes over.) Put in the vegetables some time before meat is ready, according to their age and add the dumplings about 40 minutes before the meat is ready. Serve meat on hot dish, pour a little of the liquid over, garnish with vegetables, boiled greens and dumplings. Serve also a sauceboat of liquor.

Note.—The gradual application of heat softens the fibres of the meat which have been hardened by the pickle.

BEEF OR VEAL OLIVES.

Ingredients.

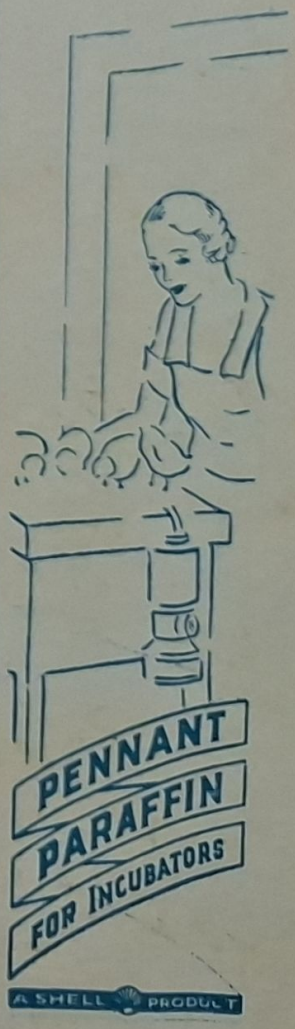
½ lb. Stewing Steak or Fillet of Veal.
1 Onion.
½ oz. Flour.
½ oz. Dripping.
½ pint Stock or Water.

Stuffing :

2 tablespoonfuls Breadcrumbs.
1 small tablespoonful Suet.
Pinch of Herbs.
1 teaspoonful chopped Parsley.
Pepper and Salt.
Beaten Egg.

Mix the crumbs, suet, parsley, herbs, pepper and salt in a basin, and add enough beaten egg to bind them together. Wipe the meat, cut into pieces about 2 by 2½ inches, place a little stuffing in each piece, roll up neatly, and tie into shape with a piece of thread. Make the dripping smoking hot in a stewpan and brown the olives in it, then lift them on to a plate. Fry the onions, add the flour and fry till well browned. Add the stock by degrees and a pinch of salt, and bring to the boil and skim. Season with pepper, return the olives to the pan, and simmer for 1½ to 2 hours till tender. Remove thread, and serve olives neatly on a hot dish. Pour the sauce over, and, if wished, garnish with green peas or brussels sprouts.

Note.—For veal olives add a little grated lemon rind to the stuffing.



Dishes

HOT POT.

Ingredients.

½ lb. lean Mutton or stewing Steak.
1 large Onion.
Pepper and Salt.
Slices of Carrot.
1 lb. Potatoes.
½ pint hot Water.

Cut meat in neat slices, cut onion in rings, potatoes and carrot cut in slices. Lay them in hot-pot dish with vegetables arranged in alternate layers. Place thickly sliced potatoes or halved potatoes on the top, cover with greased paper, and bake in a moderately hot oven for 2 hours till quite tender. Remove the paper 15 minutes before dishing and fill up with gravy or hot water.

VICTORIA STEAK.

Use 1 lb. steak cut very thin, double the quantity of stuffing used for beef olives, and leave steak all in one piece.

BRAISED SHEEP'S TONGUES.

Ingredients.

4 Sheep's Tongues.
A bed of Vegetables, Carrots, Turnips, Onions.
Brown Stock.
Tomato Sauce.
Croûtons of fried Bread.
Slices of Lemon.

Choose fresh uncooked sheep's tongues and soak them in salt and water for 2 hours, then rinse them. Put into saucepan with cold water to cover and bring to the boil. Skin tongues and trim the roots. Place on a bed of prepared and cut up vegetables in a stewpan, pour in enough stock to cover the vegetables, add a little salt, and lay a piece of greased paper over. Put lid on pan and simmer slowly for two to three hours, adding more stock if necessary. When ready, remove from pan, serve on a hot dish and pour tomato sauce round. Garnish with croûtons of fried bread and thin slices of lemon.

Note.—Any good brown sauce may be used, and any green vegetable such as spinach is a good accompaniment to this dish.

Meat Dishes

STUFFED BREAST OF VEAL.

Ingredients.

2 lbs. Breast of Veal.
Rolls of Bacon.
2 tablespoonfuls Dripping for basting.

Stuffing :

2 ozs. Breadcrumbs.
1½ ozs. Suet.
1½ teaspoonfuls chopped Parsley.
Little grated Lemon Rind.
¼ teaspoonful powdered Herbs.
Pepper and Salt.
Beaten Egg and Milk to bind.

Prepare stuffing as in recipe for Beef Olives. Wipe, bone, and trim the veal, then spread with the stuffing, roll up, and sew firmly all round. Place in a roasting tin with the dripping, best side of meat down. Put into a hot oven for the first 20 minutes till the meat begins to brown, then reduce the heat a little. Baste frequently—every 15 to 20 minutes. Allow 1½ hours to 2 hours for above quantity. When cooked, remove thread, place the veal on a hot dish. Pour off the fat from the roasting tin, keeping back any brown sediment. Add about 1 teaspoonful of flour, mix well, and brown it over the fire. Add the ½ pint stock or water and a pinch of pepper and salt. Boil up and skim, then strain round the veal. Garnish with bacon rolls and serve.

ROASTS.

Time for cooking :

Beef or Mutton—20 minutes to the lb. and 20 minutes over.
Lamb —20 to 25 minutes to the lb. according to the thickness of the joint.
Veal and Pork—25 to 30 minutes to the lb. and 25 minutes over.

To Serve :

Roast Beef, Mutton and Pork are served with unthickened gravy.
Roast Mutton—serve with red currant jelly.
Roast Pork, Duck and Goose—serve with Apple Sauce—and stuff with sage and onion stuffing.
Roast Rabbit—as for Veal.
Roast Chicken—as for Veal plus bread sauce.

Meat Dishes

Luncheon.
TOMATO SOUP.
BEEFSTEAK AND KIDNEY PIE.
GLAZED CARROTS.
NOUGAT CREAM.
COFFEE.

BEEFSTEAK AND KIDNEY PIE.

Ingredients.

1 lb. stewing Steak.
1 Sheep's Kidney.
1 tablespoonful Flour.
1 small teaspoonful Salt.
¼ teaspoonful Pepper
1 gill Stock or Water.
6 ozs. Rough Puff Pastry. (see recipes on Pastry).

Wash and dry kidney, after removing skin and core, and cut up in small blocks. Wipe steak, cut in thin slices about 2½ inches long and 2 inches wide. Mix flour, salt and pepper, and dip steak into this mixture. Place a piece of kidney into each piece of meat and roll up. (*Note.*—If meat is very lean, put a small piece of fat in each roll). Fill the pie-dish with the rolls using a pie funnel if necessary to fill up the pie-dish (an egg-cup makes a substitute). Add the stock (if pie-dish is not sufficiently full to support the pastry, fill up with sliced potatoes). Roll out pastry to about one-third inch thick, and rather larger than the pie-dish to be covered. Cut off a strip round three sides of the pastry, wet edges of the pie-dish and place strip round. Wet the edge again and place lid over the pie. Trim edges, then decorate, by beating up edge with a knife and fluting the edge. Cut a hole in the centre of the pie to allow the steam to escape whilst baking. Roll out scraps and cut some leaves. Brush over the top of the pie with beaten egg, put leaves round centre hole, then brush them with egg. Place pie on a baking tray and put into a very hot oven until the pastry is set, about 20 to 30 minutes, then reduce the heat and cook until the meat is tender—2 to 2½ hours. When ready, fill up with hot stock, garnish with parsley and serve on a hot dish.

Note.—Steak may be cooked first by steaming, then ¾ hour will be sufficient to cook the pastry. Veal and ham may be substituted for meat.

RAGOÛT OF LAMB.

Ingredients.

Top of the leg of Lamb.
1 oz. Dripping or Butter.
1 oz. Flour.
Pepper and Salt.
1 pint Stock or Water.
Rolls of Bacon.
Onion, Carrot and Turnip.

Wipe the meat, cut in neat pieces, and fry quickly on both sides in smoking hot fat, then fry onions lightly and remove from pan. Fry flour to light golden brown, add stock, season, bring to the boil and skim. Return meat to pan and cook till tender. Cook strips of carrot and turnip in boiling salted water and bake some rolls of bacon. Dish meat in centre of dish and coat with the sauce, garnish with strips of vegetables at each end and bacon rolls on top.

Note.—Rabbit or Veal may be cooked in the same way.

Meat Dishes

TRIPE—TO PREPARE.

Wash and scrape the tripe thoroughly in several warm waters, removing all discoloured parts. Put into a deep pan, cover with cold water, bring almost to boiling point and rinse thoroughly. Repeat till tripe smells sweet, using a little lemon juice in water, if necessary. Cover again with cold water, and simmer slowly for 8 to 10 hours, till the tripe is tender.

STEWED TRIPE.

Ingredients.

½ lb. well boiled Tripe.
½ oz. Butter.
½ oz. Flour.
1 gill Tripe Liquor.
1 gill Milk.
1 boiled Onion.
Pepper and Salt.
Sippets of Toast.

Make a sauce with the butter, flour, milk and tripe liquor. Cut tripe into neat pieces and chop the onion. Add these to the sauce, season well, and simmer very gently for about 20 minutes. Serve on a hot dish with the sippets of toast round.

Note.—1 or 2 teaspoonfuls cream added make it more nourishing.

GALANTINE OF BEEF OR VEAL AND HAM.

Ingredients.

1 lb. stewing Steak or Veal.
¼ lb. lightly smoked Ham.
4 ozs. Breadcrumbs.
2 Eggs.
1 gill Stock.
Pepper and Salt.
Pinch of Allspice.

Wipe the steak and ham, pass through the mincer and mix with the breadcrumbs, seasonings, beaten eggs and stock or a little tomato ketchup. Place in a greased basin, pressing well down, cover with greased paper and steam for 3 to 4 hours, or put in a pudding cloth, roll up firmly and tie at each end, then place in a pan of boiling water flavoured with vegetables and boil for 2 to 2½ hours. If in a basin leave it to become cold, then serve on dish and garnish with parsley. If in a cloth, remove cloth and roll galantine in fresh dry cloth, place between two plates with weight on top till cold. Remove cloth and brush over with a little liquid meat glaze, then garnish with parsley and serve.

Vegetables

FRENCH BEANS WITH PARSLEY SAUCE.

Ingredients.

1 lb. French Beans.
1 or 2 ozs. Butter.
1 teaspoonful Lemon Juice.
1 teaspoonful chopped Parsley.
Seasoning.

Choose young beans, if possible, remove heads and tails and leave whole. If older, remove string down sides as well, and cut in strips lengthwise, then throw into basin of cold water and wash well. Have ready a saucepan of boiling water, salted in the proportion of 1 dessertspoonful to 1 quart water. Drain beans well and throw them into this, boil quickly for 20 to 30 minutes with the lid off the saucepan, removing any scum as it rises. When tender, drain at once in the colander.

To Serve :

Melt the butter in the saucepan, return the beans to it, season with salt, pepper and lemon juice and sprinkle over with parsley. Toss over the fire until they are thoroughly mixed with the butter and seasoning—do not stir. Serve very hot.

GLAZED CARROTS.

Choose young carrots, but if not in season, cut old into rounds or fancy shapes. When prepared, put carrots into shallow stewpan with enough stock to cover them, a small piece of butter and a good pinch of sugar. Cook in the oven or at the side of the fire without covering the saucepan, thus allowing the liquid to evaporate by the time the carrots are cooked. When ready the carrots should be coated with a thick gravy or glaze.

Note.—This is often used as a garnish for meat dishes.

INDIAN CORN OR GREEN MEALIES.

Choose young fresh cobs, those that are short and thick are the best. Remove the outer leaves or husks and strip off all the silky fibre. Select one or two of the best husks, cover the cob with these and tie with string. Place the cobs in a saucepan with boiling water to cover, add enough sugar to slightly sweeten the water and boil gently until the leaves are tender—15 to 20 minutes. When ready drain at once—overcooking destroys the flavour—and serve very hot on a folded napkin. Serve melted or oiled butter well seasoned with pepper and salt, separately.

Vegetables

SPINACH.

Ingredients.

2 lbs. Spinach.
1 to 2 ozs. Butter.
Pinch Nutmeg.
Pepper and Salt.
Squeeze Lemon Juice.
Croûtons of fried Bread.

Look over the spinach carefully, removing any faded and discoloured leaves, and any weeds that may be mixed with it, then remove the coarser stalks. Wash very thoroughly in several waters to remove grit, but handle as lightly as possible. When last water is clean, lift the spinach out without draining and put into a large pan with only the water that hangs on the leaves. If the spinach is getting old, about a teacupful of water may be added and a very little salt sprinkled on. Put on lid, and cook gently until tender, stirring frequently with a wooden spoon. When ready, drain well, rub through wire sieve or chop finely. Melt butter in saucepan, put in the spinach, salt and pepper, pinch of nutmeg, a squeeze of lemon juice and make thoroughly hot over the fire. Heap spinach in a neat pile in the centre of the dish and garnish round the base with triangular pieces of toast or fried bread. To make this more nourishing garnish also with sections of hard-boiled egg or serve poached eggs on top of spinach.

SWEET POTATOES.

Wash and brush the potatoes, being careful not to break the skin. Throw into a basin of clean cold water and let them lie for a short time. Cook in boiling salted water until they can be easily pierced with a skewer, using only sufficient water to cover the potatoes. Add salt sparingly and do not allow to become too soft. When ready, drain, peel quickly, and then dry in the oven for a few minutes to make them mealy. Serve very hot.

SWEET POTATO PIE.

Ingredients.

1 lb. cooked Sweet Potatoes.
½ pint white Sauce.
2 tablespoonfuls browned Crumbs.
1 oz. Butter.

Cut potatoes in slices and arrange them in a greased pie-dish in layers with the white sauce. Sprinkle the crumbs over and place the butter in small pieces on the top. Bake in a moderate oven for 20 minutes.

Salads

POTATO AND BEETROOT SALAD.

Ingredients.

4 or 5 cooked Potatoes.
1 cooked Beetroot.
1 teaspoonful chopped Parsley.
1 teaspoonful chopped Shallot or Spring Onion
Salad Dressing.

When cold remove skins from potatoes and cut in thin slices. Peel and slice the beetroot. (*Note*.—To make very dainty, cut with cutter to make even slices.) Arrange discs neatly in a salad dish, sprinkling them with parsley and shallot. Pour the dressing slowly over and keep in a cool place for half an hour before serving.

Note.—Tomatoes may be substituted for beetroot, or potatoes alone make a good salad. Chopped capers or pickled gherkins may be sprinkled over for variety.

WALDORF SALAD (Winter Salad).

Ingredients.

2 cupfuls diced Apples.
1 red Apple (cut in quarters).
1 cupful finely cut Celery.
½ cupful Walnuts.
Boiled Salad Dressing.
Salt, Pepper.

Chop walnuts, leaving a few whole for decoration. Mix all chopped ingredients together and pile in salad dish. Prepare ½ pint white sauce, add 1 large tablespoonful salad oil and mix in 1 yolk of egg and seasoning. To improve flavour add 1 dessertspoonful "Heinz' Salad Dressing." Pour over the chopped ingredients, coating evenly. Garnish with quarters of apple in each corner and walnuts in between; finish off with a few pieces of the head of the celery.

ORANGE AND DATE SALAD

Ingredients.

2 sweet Oranges.
¼ lb. Dates.
3 tablespoonfuls Salad Oil.
1 tablespoonful Lemon Juice.
Salt.
1 Lettuce.
1 tablespoonful chopped Walnuts.

Soak the dates in boiling water for a few minutes, drain and wipe dry. When cold remove stones and cut in discs. Pour salad oil over the dates, sprinkle with a little salt, add lemon juice and mix together. Peel oranges, remove all the white pith, cut in small very thin slices and take out the seeds. Mix the oranges with the dates and arrange on small lettuce leaves, sprinkling the chopped nuts on top.

Salad Dressings and Sauces

FRENCH DRESSING.

Ingredients.

2 tablespoonfuls Salad Oil.
1 tablespoonful Vinegar.
White Pepper, Salt.
¼ teaspoonful made Mustard.

Mix salt, pepper and mustard together, then add the oil gradually. When well blended and salt dissolved, add the vinegar. A pinch of cayenne and ½ teaspoonful sugar may be added.

To vary : ½ teaspoonful chopped parsley or/and ½ teaspoonful chopped mint may be added.

SALAD DRESSING.

Ingredients.

2 hard-boiled Yolks.
½ teaspoonful made Mustard.
Pepper and Salt.
Pinches of Cayenne and Sugar.
2 tablespoonfuls Vinegar.
3 tablespoonfuls Salad Oil or Cream.

Rub hard-boiled eggs through a sieve and put into a basin with the seasoning. Mix well together, adding the oil gradually and stirring all the time. Add the vinegar a little at a time and mix well. The sauce should be of the consistency of cream. The hard-boiled whites of eggs may be shredded and used as a garnish for the salad.

POTATO DRESSING.

Ingredients.

2 tablespoonfuls boiled and sieved Potatoes.
3 tablespoonfuls Salad Oil.
White Pepper and Salt.
1 tablespoonful Vinegar.
½ teaspoonful made Mustard.
Pinch Sugar.

Put potato in basin with seasoning and mix well. Add oil gradually, stirring all the time, then pour in the vinegar.

Note.—Cream may be substituted for the oil.

Salad Dressings and Sauces

MAYONNAISE DRESSING.

Ingredients.

1 yolk of Egg.
1 gill Salad Oil.
1 dessertspoonful White Vinegar.
1 dessertspoonful Tarragon Vinegar.
½ teaspoonful made Mustard.
½ teaspoonful Salt.
Pinch Sugar.
Pinch Cayenne.

Have all ingredients very cool—mix on ice if available. Put yolk of egg and seasoning into basin. Mix well with wooden spoon or small whisk. Add oil drop by drop, beating all the time, until the mixture becomes very thick. Next add vinegars gradually and mix well. If liked, a tablespoonful of cream may be added or cream substituted entirely for the oil, and to make mayonnaise whiter use lemon juice instead of vinegar.

PENNANT PARAFFIN FOR LAMPS
A SHELL PRODUCT

FOUNDATION WHITE SAUCE.

Pouring Sauce (to pour *round* the food or serve in a sauceboat):

¾ oz. Butter.
¾ oz. Flour.
½ pint Milk.
Pepper, Salt.

Coating Sauce (used to coat the food):

1 oz. Butter.
1 oz. Flour.
½ pint Milk.
Pepper and Salt.

Melt butter in saucepan, add the flour and cook well together for a few minutes. Add half the milk and stir steadily till beginning to thicken, then add remainder of milk and continue stirring well with a wooden spoon till the mixture has boiled well and is thick and smooth.

Variations:

Béchamel Sauce. This is a white sauce, made with seasoned milk.

Anchovy Sauce. To foundation sauce add 1 dessertspoonful of anchovy essence.

Egg Sauce. To foundation sauce add 1 chopped hard-boiled egg.

Parsley Sauce. To foundation sauce add 2 teaspoonfuls of finely chopped parsley and boil up.

Caper Sauce. To foundation sauce—using meat liquor or fish stock in place of milk according to dish—add 1 tablespoonful of capers and 1 tablespoonful of vinegar.

Onion Sauce. To foundation sauce add 1 chopped boiled onion.

Sauces

TOMATO SAUCE.

Ingredients.

¾ oz. Butter.
¾ oz. Rice Flour.
5 or 6 Tomatoes.
1 oz. lean Ham.
½ pint Stock or Water.
Pepper and Salt.
Small pieces of Carrot, Celery, Onion.
Squeeze Lemon Juice.
1 lump Sugar.

Melt butter, fry ham, then add vegetables and fry for a few minutes. Add tomato cut in slices and bring to the boil. Sprinkle in rice flour and mix all well together. Add stock or water and stir till boiling. Season to taste, and simmer slowly for 30 to 40 minutes, stirring occasionally. If it becomes too thick add more stock. Strain through a fine strainer or sieve, reheat, then add sugar and a squeeze of lemon juice.

Note.—If using well-flavoured stock, omit the vegetables.

CURRY SAUCE.

Ingredients.

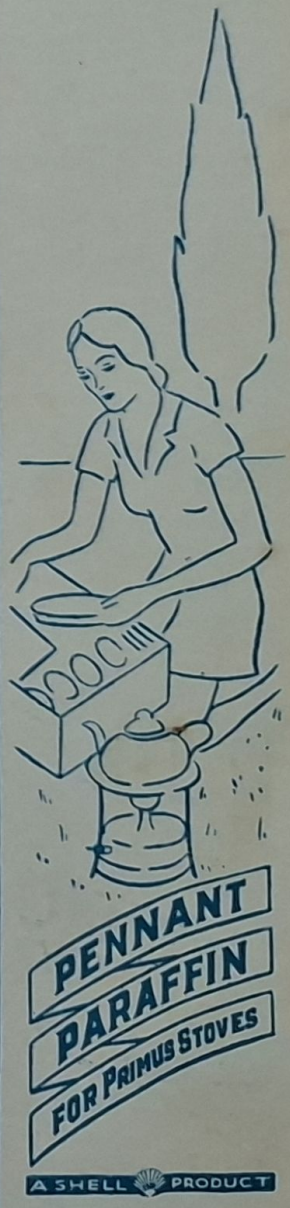
1 oz. Butter.
¾ oz. Rice Flour.
3 gills Stock.
1 Onion.
1 lump Sugar.
1 teaspoonful Curry Powder.
1 teaspoonful Chutney.
1 small Apple.
Pepper and Salt.
Squeeze of Lemon Juice.

Peel and chop apple, and slice onion thinly. Melt the butter in a stewpan, put in apple and onion and fry for a few minutes. Add the curry powder, rice flour and chutney and mix well together with an iron spoon. Add stock and stir until boiling, season to taste with pepper and salt, and let the sauce simmer for half an hour or until apple and onion are tender. If a smooth sauce is wanted rub through a sieve or strainer and return to saucepan to reheat. Add lemon juice and sugar just before serving.

Note.—A stalk of rhubarb or green gooseberries may be substituted for the apple.

SWEET WHITE SAUCE.

Use the same proportions, and prepare as for white sauce, omitting salt and pepper. Add sugar and flavouring. This sauce may be made richer with the addition of cream.



Sauces

FOUNDATION BROWN SAUCE.

Ingredients.

¾ oz. Dripping.
¾ oz. Flour.
½ pint Stock or Water.
Pepper and Salt.
1 Carrot cut in slices.
1 Turnip (small) cut in slices.
1 Onion cut in rings.

Melt dripping and make it smoking hot. Fry vegetables to bring out flavour, then remove them. Add flour, mix well, and fry till a deep brown colour. Return vegetables to pan, add stock, and stir till boiling and the sauce thickens. Add seasoning and cook for 40 to 50 minutes, then strain.

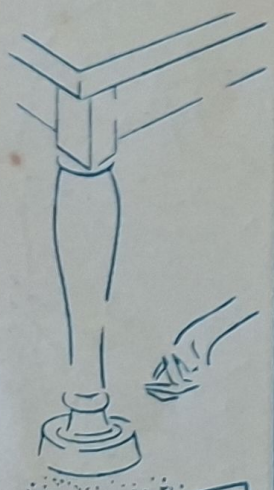
APPLE SAUCE.

Ingredients.

½ lb. sharp green Apples.
1 oz. Butter.
½ gill Water.
1 tablespoonful Brown Sugar.
Pinch Nutmeg.

Wipe the apples, halve, quarter and remove core, then cut into thin slices and put into cold water at once to prevent discoloration. When all prepared drain well, put into light lined saucepan with the water, sugar and nutmeg. Stew slowly till reduced to a pulp, then mash well or put through a sieve. Make thoroughly hot before serving and if liked add a little cream.

Serve with Roast Pork, Duck, Goose or Young Pig.



PLAIN CUSTARD SAUCE.

Ingredients.

½ pint Milk.
1 teaspoonful Cornflour.
1 Egg.
Sugar and Flavouring.

Put most of the milk into the saucepan and heat. Mix cornflour to a smooth paste with remainder of milk and add it to the rest. Stir until boiling and simmer slowly for 5 to 10 minutes to cook the cornflour thoroughly. Cool slightly, and add the beaten egg, then reheat, stirring all the time, to cook the egg, but do *not* boil. Sweeten and flavour to taste.

SYRUP OR TREACLE SAUCE.

Ingredients.

2 tablespoonfuls Syrup.
1 tablespoonful Lemon Juice.
1 gill Water.

Put all into a saucepan, bring to boil and simmer for a few minutes. Add a little ginger or other spice, if required.

Batter Making

FOUNDATION MIXTURE.

Ingredients.

1 Egg.
4 ozs. Flour.
¼ teaspoonful Salt.
½ pint Milk.

Sieve flour and salt into basin and make a hole in the centre. Add egg and a very little of the milk, and with a wooden spoon beat the flour gradually into the egg and milk, keeping mixture smooth. Continue adding milk gradually till a very thick smooth cream is formed. With the front of the wooden spoon beat the mixture lightly for about 10 minutes till the surface is covered with air bubbles. Add rest of milk and stir in lightly. Leave to stand for 1 hour at least.

YORKSHIRE PUDDING.

Mix batter as described above and place in a Yorkshire tin (tin 1 in. high, 6 ins. wide, 9 ins. long), which has some melted roast beef dripping in it. Put into very hot oven and cook quickly for 15 to 20 minutes till well risen and brown. Cut in pieces and serve at once.

PANCAKES.

Prepare batter as already described. Place a thin layer of batter into a well-greased and heated frying pan (6 ins. diameter). Cook on one side, turn and cook on second side. Turn out on to sugared paper, squeeze with lemon and roll up. Serve at once.

COATING BATTER.

Ingredients.

2 ozs. Flour.
1 Egg.
Good pinch Salt.
½ gill Milk or Water.
1 dessertspoonful Salt Oil.

Separate yolk from white of egg. Prepare batter as before, using the yolk of egg, and milk or water to mix. Add salad oil, then leave batter to stand for a time. Just before using, fold in the white of egg stiffly beaten.

Note.—A very economical batter may be used, omitting the egg and adding ¼ teaspoonful baking powder.

These batters are suitable for coating fish, coating for reheated meat dishes and all types of fritters.

Pastry Making

ROUGH PUFF PASTRY.

Ingredients.

8 ozs. Flour.
4-6 ozs. Butter.
½ teaspoonful Salt.
Few drops of Lemon Juice.
Cold Water.

Sieve flour and salt into bowl. Add the butter broken in pieces the size of a walnut, then add the lemon juice. Add sufficient cold water to bind the ingredients together, but do *not* knead. Turn on to a floured board and roll the pastry into a long strip. Fold it in three, bringing the top third down over the second third and the bottom third over the first and second. Close edges well to entrap air, then half turn the pastry, rub in with the rolling pin to equalise the air in it, and again roll it into a strip. Fold in three and repeat this until the pastry has had four rolls, folds and half turns. It is then ready for use.

POTATO PASTRY.

Ingredients.

8 ozs. mashed Potatoes.
4 ozs. Flour.
2 ozs. Butter or Dripping.
½ teaspoonful Baking Powder
Pinch Salt.
Water.

Rub fat into flour, add baking powder and salt, then mix in the potatoes, adding enough water to form a stiff paste. Roll out to ¼ inch in thickness and use for Mince and Potato Pie, etc.

CHEESE PASTRY.

Ingredients.

4 ozs. Flour.
2 ozs. Butter.
2 ozs. grated Cheddar Cheese.
¼ teaspoonful Salt.
Pinch Cayenne.
A little beaten yolk of Egg.
Cold Water.

Sieve flour and seasonings. Rub in the butter, add the grated cheese and mix all ingredients. Bind with yolk of egg and water to form a stiff paste, knead lightly, roll out thinly and use as required.

Supper Dishes and Savouries

CAULIFLOWER AU GRATIN.

Ingredients.

1 Cauliflower.
1½ ozs. Butter.
1 oz. Flour.
2 ozs. grated Cheese.
½ pint Milk (good measure).
Salt, Pepper, Cayenne.

Place cauliflower in pan with sufficient boiling salted water to cover, and cook till flower is tender but not broken. Drain and place upright on a dish in which it is to be served. Make sauce and add cheese, reserving a little for the top. Pour sauce over cauliflower, coating evenly, and sprinkle with cheese. Place in a hot oven till nicely browned, garnish with parsley and serve at once.

Note.—Celery, leeks or onions may be cooked in the same way and make excellent supper dishes.

CHEESE OMELETTE.

Ingredients.

3 Eggs.
1 oz. Butter
Salt, Pepper
1 tablespoonful grated Cheese.
A little made Mustard.

Keep a small frying pan specially for omelettes if possible, if not, "prove the pan" first. Put into pan a small piece of dripping and make it very hot over the fire, throw this away and rub out with soft paper. Put butter into the omelette pan and allow to melt slowly. Separate yolks from whites of eggs, add pepper, salt and cheese to yolks and mix well together till creamy. Beat whites stiffly and fold with metal spoon into the yolks and cheese, mixing evenly. Pour into the melted butter and stir lightly on the surface until it begins to set—do not scrape the bottom of pan Hold pan over fire for a little longer till bottom is nicely browned then slip a knife under and double over from one side and then from the other towards the centre. Turn on to a hot dish and serve as quickly as possible.

Note.—The inside should be soft and creamy

Hot and Cold Sweets

APPLE DUMPLING (Suet Pastry).

Ingredients.

4 to 6 Apples.
2 ozs. Brown Sugar.
1 or 2 Cloves, or juice of half a Lemon.
1 tablespoonful Water.

Pastry:

6 ozs. Flour.
3 ozs. Suet (Beef).
½ teaspoonful Baking Powder.
¼ teaspoonful Salt.
Cold Water to bind.

Prepare apples—halve, quarter, core, peel, cut in slices and cover with lemon juice. Pastry: Measure flour, salt and baking powder into basin. Shred suet finely, then chop till like breadcrumbs, using a little of the measured flour to help with the chopping. Mix all ingredients together, adding sufficient cold water to make a stiff dough, then knead and roll out to a round ¼ inch thick. Place in a greased bowl and press well against the sides. Place half the fruit in the bowl, add sugar and a few drops of water, then fill up with fruit. Fold remaining pastry over the top to close over the fruit. To Boil: Tie in a floured cloth and put into a pan with sufficient boiling water to cover the pudding, then boil steadily for 2 to 2½ hours, or—To steam: Cover with greased paper, put into a pan with sufficient boiling water to come half-way up the basin, and steam steadily for 2½ to 3 hours. Turn on to a hot dish and serve with custard sauce.

STEAMED TREACLE SPONGE PUDDING.

Ingredients.

4 ozs. Flour.
2 ozs. Breadcrumbs.
3 ozs. Suet.
¼ teaspoonful Salt.
½ teaspoonful Bicarbonate of Soda (small).
½ teaspoonful ground Ginger.
1 oz. brown or granulated Sugar.
1 Egg.
2 ozs Syrup (2 tablespoonfuls melted).
Milk to mix.

Measure dry ingredients, shred and chop suet and make breadcrumbs. Make a well in the centre, add egg, melted syrup and sufficient milk to make into a soft dropping mixture. Turn into greased bowl, cover with greased paper and steam steadily for 2 to 2½ hours. Remove from bowl, turn on to hot dish and pour hot syrup sauce round the dish

Hot and Cold Sweets

BAKEWELL TART (original recipe from Bakewell).

Ingredients.

5 ozs. Flaky or Rough Puff Pastry.
Strawberry Jam.
3 ozs. Butter.
3 ozs. Sugar.
2 Eggs.
Almond Essence

Melt butter, beat eggs and sugar till creamy, then add melted butter and almond essence, and mix lightly. Roll out pastry to a size larger than the plate and place on greased plate, cut off scraps and decorate edge with fancy shapes cut out of scraps. Put mixture on top of pastry and bake in a moderately hot oven till set and firm and lightly browned. Serve hot or cold.

PUMPKIN FRITTERS.

Ingredients.

2 cupfuls Pumpkin (cooked and mashed).
1 Egg.
Pinch Baking Soda.
1 tablespoonful Flour.
Dripping to fry or clarified Fat.

Put finely mashed pumpkin into basin, add flour and baking powder and work it in with the yolk of egg. Beat white of egg stiffly and fold into the mixture. Put sufficient fat to come half-way up the fritters in the frying pan, and make smoking hot. Put fritters into hot fat in tablespoonfuls. Fry on one side till well risen and lightly browned, then turn and fry on second side till cooked through. Drain on paper and dredge with cinnamon and sugar and serve hot.

Note.—If liked, the fritters may be fried in deep fat as for Fish in Batter (see page 19).

APRICOT CREAM.

Ingredients.

1 gill Apricot Purée (from ½ tin Apricots).
½ gill Apricot Juice.
1 gill double Cream.
Sugar and Lemon Juice.
Colouring.
½ oz. Leaf Gelatine or powdered (light weight).
¼ gill Water.

Half whip cream, add fruit purée and juice, sugar, lemon juice and colouring. Dissolve the gelatine in the water and stir it gently into the mixture. Pour into a glass dish and leave till set. Decorate with chopped brown nuts, chopped jelly and cream.

Hot and Cold Sweets

Dinner.

LENTIL SOUP.
STUFFED BAKED FISH
BRAISED CHOPS.
(See recipe for Braised Tongues.)
VEGETABLES.
CASSEROLE OF PRUNES
CHEESE STRAWS
COFFEE

CASSEROLE OF PRUNES.

Ingredients.

½ lb. Prunes.
½ pint Water.
½ oz. Sugar.
½ oz. Gelatine (light measure).
Rind and juice of half a Lemon.
1 gill Cream.
Sugar.
Flavouring.
½ pint Lemon Jelly dissolved and allowed to firm

Wash prunes and soak overnight in half a pint of water and sugar. Put these into a pan with lemon rind and stew till tender. Strain the prunes from the liquid, remove stones and chop prunes. Measure liquid and if reduced add water to make up the half pint. Put it into a pan and dissolve the gelatine in it, add the lemon juice and strain over the prunes. When cool, put into a wet border mould, leave till firm then turn on to a glass dish. Chop the lemon jelly and garnish round the dish. Fill up hole in centre with jelly. Whip cream till fairly stiff, decorate the centre with roses of cream and garnish with cut cherries.

CREAM OF CHOCOLATE WITH PEARS

Ingredients.

4 Pears.
3 ozs. Sugar.
3 yolks Egg.
2 to 3 ozs. Chocolate.
1 teacup Milk
1 gill Cream.
½ oz. Gelatine.
½ gill Water.

If pears are fresh, halve, quarter and peel, then cook in a little water, sugar and lemon juice. Drain when ready. Beat sugar and yolks of eggs over hot water till creamy. Dissolve chocolate in the milk and add to the sugar and eggs. Beat cream till slightly stiff, add to the egg and chocolate mixture and stir in lightly. Dissolve gelatine in water and add to the mixture. Beat whites of eggs stiffly, and fold into the mixture. Half fill glass dish with mixture, place a layer of pears on top, then fill up with rest of mixture. Garnish with remainder of pears round centre of dish and decorate with a rose of cream in the centre.

Confectionery

NOUGAT CREAM.

Ingredients.

1 packet Lemon Jelly.
¾ pint hot Water.
¼ pint Cream.
2 tablespoonfuls Castor Sugar.
Juice of 1 Lemon.
¾ oz. Almonds (blanched).
½ oz. Ratafias.
8 Marshmallows.
2 ozs. Glacé Cherries.

Dissolve the jelly in ¾ pint hot water and allow to become cold. Cut up mallows, cherries, ratafias and nuts. Whisk the jelly until it is frothy and shows signs of setting. Stir in the prepared ingredients, then the whipped cream and sugar, whisk slightly if necessary. Pour the mixture into a plain mould and put in a cold place to set. When set, turn out and serve

Note.—Place mixture in a glass dish.

SPANISH CREAMS.

Ingredients.

5 Ratafia Biscuits.
Orange Jelly.
1 gill Custard.
1 gill Cream.
¼ oz. Gelatine.
2 tablespoonfuls Water.
Sherry to flavour.

Decoration:

½ gill Cream
1 teaspoonful Castor Sugar.

At the bottom of 5 custard or champagne glasses put a ratafia biscuit and cover it to the depth of ½ inch with orange jelly. Leave to set. Prepare custard with 1 egg and 1 gill milk—cook together over gentle heat, stirring all the time till the mixture thickens, then cool. Half whip cream and add the custard, sweeten and flavour with sherry to taste. Dissolve gelatine in water, add to the custard mixture and when just setting creamily pour on top of the orange jelly to within half an inch of the top. When set, pipe a rose of sweetened sherry-flavoured cream on each glass and scatter chopped nuts or violets over. Serve as cold as possible.

Note.—If liked, this sweet may be served in one large glass dish.

Scones

Breakfast Dishes.
FISH IN BATTER.
KEDGEREE.
FRIED LIVER AND BACON OR STUFFED LIVER.
FRUIT FRITTERS.
BREAKFAST SCONES

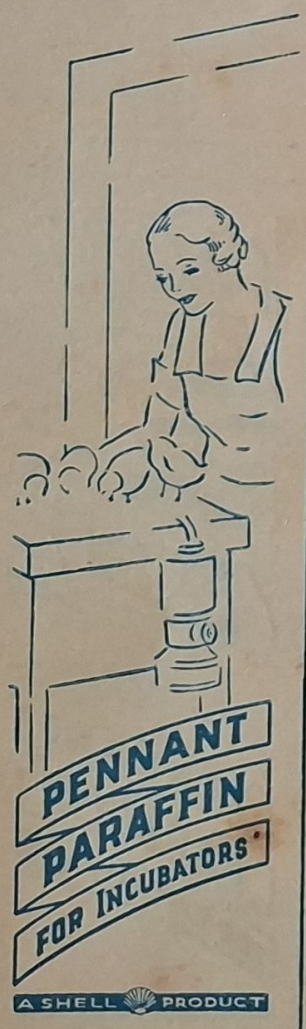
BREAKFAST SCONES (Foundation Recipe).

Ingredients.

½ lb. Flour.
½ teaspoonful Salt.
½ teaspoonful Bicarbonate of Soda.
1 teaspoonful Cream of Tartar.
1½ ozs. Butter.
1 teacup Sweet Milk (approx.).

Sieve dry ingredients or rub lightly through the fingers. Rub in the butter lightly till as fine as the flour. Make a well in the centre and add sufficient milk to make a soft dough, mixing with a wooden spoon or knife. Knead very lightly, then roll to half an inch thick. Cut in rounds about 1½ to 2 inches diameter. Place on floured tray and bake in a hot oven for 7 to 10 minutes till well risen and firm to the touch. Cool on a wire sieve and serve.

Note.—When adding flavouring ingredients to the foundation mixture, do not use so much salt. If buttermilk is available, use only equal quantities bicarbonate of soda and cream of tartar—to ½ lb. flour use ½ teaspoonful each bicarbonate of soda and cream of tartar.



SULTANA SCONES.

Add to above recipe 2 ozs. sultanas, 1 oz. sugar and 1 egg.

CURRANT SCONES.

Add to above recipe 2 ozs. currants, 1 oz. sugar and 1 egg.

WHEATEN DATE SCONES.

Use 4 ozs. flour, 4 ozs. wheaten meal or whole meal, 2 ozs. dates, 1 oz. sugar, 1 egg (if liked)

AFTERNOON TEA SCONES.

Add 1 oz. sultanas, 1 oz. mixed peel, 1 egg, 1 to 2 ozs. sugar

Scones and Buns

DROPPED SCONES.

Ingredients.

8 ozs. Flour.
Good pinch Salt.
½ teaspoonful Bicarbonate of Soda.
1 teaspoonful Cream of Tartar.
} or 2 small teaspoonfuls Baking Powder.
1-1½ teacupfuls Milk.
Vanilla Essence to flavour
2 ozs. Sugar.
1 oz. Butter.
1 or 2 Eggs.

Measure dry ingredients and rub in butter, then make a well in the centre and add egg and a little of the milk. Beat flour into liquid with wooden spoon till smooth mixture is formed and add sufficient milk to make soft thick batter which will drop easily from the spoon. Have ready a hot girdle or thick iron frying pan, well greased with piece of suet on end of fork. Drop mixture on in dessertspoonfuls, cook on one side till brown, and top covered with air bubbles, then turn and cook on second side—3 to 5 minutes. Cool on a wire tray in a towel to keep moist. Grease girdle between each addition.

TREACLE SCONES.

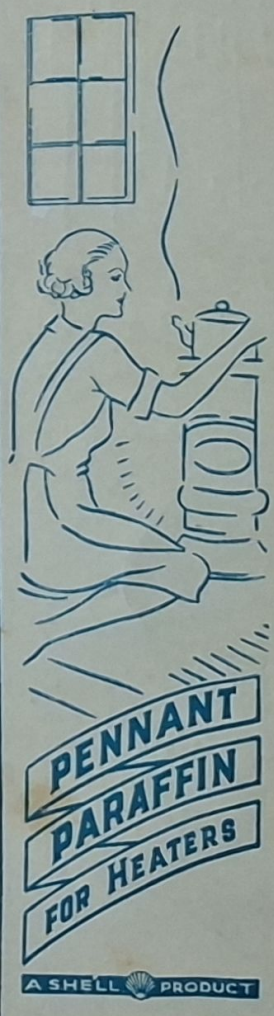
Use foundation recipe for scones, taking equal quantities of bicarbonate of soda and cream of tartar. Also add 1 teaspoonful ground cinnamon and ground ginger mixed, ½ teaspoonful mixed spice, 1 tablespoonful sugar and two tablespoonfuls treacle. Prepare as for foundation mixture, and bake in hot oven for 10 to 12 minutes.

COCONUT BUNS.

Ingredients.

½ lb. Flour.
1½ teaspoonfuls Baking Powder.
Pinch Salt.
3 ozs. Butter.
2 ozs. Coconut.
2 ozs. Castor Sugar.
1 or 2 Eggs.
A little Milk.

Sieve flour, salt and baking powder, rub in the butter and add ¾ coconut or more, and sugar. Make a well in the centre, add beaten eggs and sufficient milk to make a stiff mixture. Place on a greased tray in heaps, and cover top with coconut. Bake in a fairly hot oven for 15 minutes. Cool and serve, or store in a tin with tight fitting lid.



Confectionery

MACAROONS.

Ingredients.

2 ozs. Almonds.
1 tablespoonful Ground Almonds.
4 ozs. Castor Sugar.
1 teaspoonful Rice Flour.
1 to 1½ Whites of Eggs.
Split Almonds for top.

Chop almonds finely or put through a nutmill. Add sugar, ground almonds and rice flour and mix well. Beat eggs slightly, add to the mixture and mix to a firm consistency. Roll into small balls, put a split almond on top and place on a greased and floured tray. Brush over with white of egg, and bake in a moderate oven till crisp and slightly brown.

SULTANA CAKE.

Ingredients.

6 ozs. Butter.
6 ozs. Sugar.
8 ozs. Flour.
3 Eggs.
½ teaspoonful Baking Powder.
½ lb. Sultanas.
2 ozs. Mixed Peel.

Prepare a cake tin, grease and line with paper. Place butter and sugar in a basin and beat together till soft and creamy. Beat eggs separately and add to the creamed mixture gradually. Add flour and stir in lightly. Mix the baking powder with the last spoonful of flour, add to the mixture and mix well. Lastly add the fruit, cleaned with flour and picked over to remove stalks, and the peel cut in small pieces, and mix in evenly. Turn into prepared tin, place in a moderate oven and bake slowly but steadily for 2 to 2½ hours. When firm and well risen test with heated skewer—if it comes out dry then the cake is ready. Cool on a wire tray and store for a day or two before using.

Note.—The above, with the exception of the sultanas and the mixed peel, is the foundation recipe for rich cakes. To vary, the following additions may be made:

Ginger Cake—add to foundation mixture 2 ozs. preserved ginger cut in slices.

Cherry Cake—add 5 ozs. glacé cherries cut in half.

Mixed Fruit Cake (Dundee cake)—add 1 teaspoonful mixed spice, 6 ozs. currants, 2 ozs. Mixed peel, 4 ozs. sultanas.

Confectionery

SPICE CAKE.

Ingredients.

½ lb. Flour.
¼ lb. Sugar.
1 teaspoonful of Baking Powder.
3 ozs. Butter.
1½ teaspoonfuls of Cloves, Cinnamon and Nutmeg.
2 Eggs.

Sieve the flour, cream the butter and sugar. Add the flour and eggs by degrees and beat well. Add the baking powder with the last spoonful of flour. Turn into a greased and papered tin. Place in a moderate oven, and bake steadily for one and a half hours.

N.B.—Sieve cinnamon, cloves and nutmeg with the flour.

CHOCOLATE CAKE.

Ingredients.

6 ozs. Flour.
2 ozs. Chocolate
4 ozs. Sugar.
4 ozs. Butter.
2 teaspoonfuls Baking Powder.
4 Eggs.
Vanilla Essence.

Dissolve chocolate in two tablespoonfuls milk. Cream butter and sugar; add eggs with a little flour. Stir in dissolved chocolate with remainder of flour and baking powder; add a few drops of vanilla essence. Pour mixture into a greased and prepared tin; bake in a moderate oven for about one hour. Ice when cold with chocolate icing.

COCONUT TABLET.

Ingredients.

2 lbs. granulated Sugar.
8 to 10 ozs. Coconut.
2 small teacups (½ pint) Milk.
Pinch of Cream of Tartar
Pink Colouring.
Vanilla Essence.

Prepare tin by rinsing out with cold water. Dissolve sugar in milk, bring to the boil and boil steadily for 10 minutes. Add coconut, mix in and bring to the boil again and boil for 2 or 3 minutes. Then add a few drops of vanilla essence. Put pan into a basin or sink of cold water and stir until mixture turns white and begins to thicken. Pour half quickly into prepared tin, colour second half with carmine colouring and pour on top. Allow to set then cut in bars.

Confectionery

PLAIN TOFFEE.

Ingredients.

1 lb. Sugar.
2 ozs. Butter.
Juice of 1 Lemon.
¼ pint Water.
¼ pint Golden Syrup.

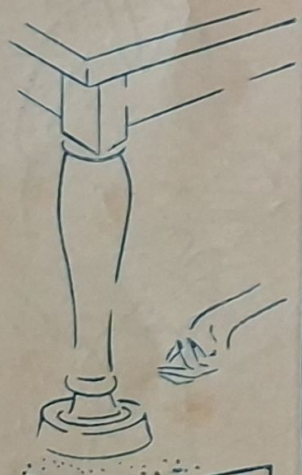
Melt sugar and syrup in the water over a low heat till dissolved, then add butter and lemon and boil fairly quickly, stirring from time to time. Test by pouring a little in cold water—when it snaps easily it is done (temperature 300° F.). Turn on to greased tin and when beginning to set mark with a knife in squares, or with a caramel cutter.

EVERTON TOFFEE.

Same as above using 3 ozs. butter and no water. Great care must be taken to prevent burning. These toffees do not require wrapping.

GRAPEFRUIT MARMALADE.

Cut up the fruit as thinly as possible, tie seeds in muslin and boil with fruit. To every cupful of fruit add 3 cupfuls of cold water and leave to stand overnight. Boil the fruit next morning until quite tender, and again allow to stand until the following day. Bring the fruit to the boil, then add sugar gradually, using 2 cups of sugar to every cup of fruit. Cook all together until a jelly is formed.



ORANGE MARMALADE.

6 Seville Oranges, 3 Sweet Oranges, 3 Lemons.

Cut up the fruit very finely, tie the seeds in a muslin bag and soak with pulp, rejecting the white pith of sweet oranges and lemons. To every pound of fruit add one quart of cold water. Allow to stand for 24 hours, then boil gently for 2 to 3 hours or until the fruit is soft. Let it stand until the next day. Again weigh, and to every pound allow 1 lb. of sugar. Bring the fruit to the boil. then add sugar gradually, and cook until it jellies.

Household Hints

Stains.—Always try the simplest remedies first. If this is not successful, then use stronger methods, *e.g.*, coffee, tea, cocoa, etc., usually remove with washing and boiling, but do you know that these stains on coloured fabrics unsuited to washing may be removed by rubbing with glycerine, then remove the glycerine stain with methylated spirits.

Grease Stains.—When possible, use a piece of same fabric as stained article, moisten this with petrol, benzol or benzine, and work round in a circle beginning outside the stain. Continue rubbing until moistened part is dry.

Marking Ink.—A very stubborn stain may be removed by dissolving ¼ teaspoonful of permanganate crystals in ½ pint of water. Soak in this for a few minutes, rinse well and remove the brown stain by placing in a weak solution of hydrogen peroxide. Repeat the process until the stain is lifted.

Mildew.—Very difficult, but try rubbing with thick layer of soap and French chalk, moisten and bleach in the sun.

When garments are over-blued, the best method to get rid of this is to soak for a short time in vinegar and water.

A soap shaker is a great help when dyeing materials. Put the soap dye in the shaker, and shake it back and forward in the water until the correct shade is obtained.

For window cleaning use paraffin or a metal polish with paraffin in its preparation, as this is excellent for preventing fly-marks and is a very quick way of cleaning them.

Household Hints

For cane-bottom chairs that have begun to sag, soak cane with hot soapy water and put in the open to dry.

If labels, jam pot covers, or postage stamps have become stuck together, lay a thin paper over and press with a hot iron.

To prevent jam, jellies, etc., boiling over, grease round the jelly pan about 1 inch down with butter.

If beetroot has had the roots broken, touch broken parts with a red-hot poker before boiling.

Mustard keeps better if a pinch of salt is added, and it is mixed with vinegar.

Orange and lemon peels if dried make very good fire lighters.

Newspapers rolled very tightly into the shape of sticks make good fire lighters.

A little soap powder added to ordinary black lead will produce a brilliant polish.

To remove tarnish from aluminium utensils, a little weak vinegar solution will do the trick.

To clean water bottles, decanters, etc., put into them 1 tablespoonful coarse salt and 2 tablespoonfuls of vinegar. Shake to cause friction, then fill up with warm water and leave for an hour or two.

If tomatoes, apricots, broad beans, etc., are dipped in boiling water, the skin will be very easily removed.

To clean a brass preserving pan, use vinegar and coarse salt. Then wash it out very thoroughly.

Household Notes

Household Notes

CAPE TIMES LTD

Dear Madam,

If you have found this Cookery Book interesting and useful, may I suggest that you pass on to me one or two of your own tried and tested recipes ?

I should be very appreciative if you would help me in this manner, as it would enable me to make the next edition of even greater interest.

Tear this page out, write your recipe on the back and post it to me.

Many Thanks

Yours sincerely

Mrs. Wicks.

c/o P.O. BOX 2231, CAPE TOWN